



Biathlon

History:

The Biathlon was introduced in the 1988 Paralympic Winter Games in Innsbruck, Austria. The shooting system has changed considerably since a new electronic and acoustic system was developed at the 2002 Paralympic Winter Games in Salt Lake City. Athletes with visual impairment are assisted by acoustic signals, which depending on signal intensity, indicate when the athlete is on target.

Events:

Athletes are divided into three categories: sitting, standing, and visually impaired. There are three events: sprint, middle distance, and long distance.

Description

Biathlon combines cross-country skiing and rifle shooting, which is very similar to the Olympic-style competitions. The biathlon events consist of a 2.0km or 2.5 km course skied three or five times for a total race distance between 6-15 km. Each race is divided into two or four shooting rounds, where athletes must hit two targets located at a distance of 10m with a rifle.



Photo courtesy of Disabled Sports USA (DSUSA)



For the Classroom

- ✚ Create a biathlon ski course using cones, poly-dots, mats, jump ropes, or any other object that might help create boundaries.
- ✚ Set up shooting stations by hanging hula-hoops throughout the course.
- ✚ Students will throw 2 bean bags through the hula-hoop.
- ✚ Students have to retrieve the bean bags and put them back in the throwing zone before they are allowed to ski back.
- ✚ Use paper plates, scarves, or allow the students to slide around the course while wearing socks.
- ✚ Use scooter boards or a trash can dolly as sledges and toilet plungers as ski poles.
- ✚ Have multiple targets set up so that multiple students can go at the same time.
- ✚ Decorate the classroom with a winter theme and encourage the students to wear winter accessories such as hats, goggles, scarves, and gloves.

